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## CAUGHT ON CCTV CAM

IN WHICH SARAH NO. 1 MAKES A SHOCKING REVELATION OVER BENTO BOXES PAGE 11

## Lemony Snicket wants your recommendations

Author in town to promote his latest series and he needs to know where the good coffee is at PAGE 6

## Philippines SOS

Local community mobilizing to get money and food to area where typhoon has left hundreds of thousands homeless and has taken at least 10,000 lives PAGES 3, 7

# OTTAWA REMEMBERS

**Sgt. Graham Ridley takes a shot of liquor as he pays respects to the grave of his comrade Sean Greenfield after taking part in Remembrance Day ceremonies at the Beechwood Military Cemetery Monday. For more on the commemoration ceremonies in Ottawa at the National War Memorial see pages 4 and 5.** FRED CHARTRAND/THE CANADIAN PRESS PP

# Relief coming for burial fund for poor soldiers?

**Vets.** Federal budget increased funds, but did not loosen eligibility criteria

A leading veterans organization says the Harper government may be prepared to move on the thorny issue of accessibility for a federal fund meant to give impoverished ex-soldiers a dignified burial.

The Royal Canadian Legion, which has been at the forefront of a campaign to open up the Last Post Fund to more modern-day veterans, has met several times with Finance Department officials, including the minister, Jim Flaherty.

The group, which traces its roots back to the 1920s, has conducted a letter-writing campaign to convince the government to increase the fund and widen the criteria beyond just veterans of the Second World War and Korea.

Gordon Moore, the Legion's Dominion Command president, says it's scandalous that the fund had to undertake a private donation drive to bury as many as 29 veterans, whose families were denied support.

"We've been trying to point this out to (the federal government), and I think somebody has finally turned the light switch on," Moore said.

"What we're waiting for is them to come back and say this is the process we're going to go through for those vets who are falling through the cracks."

A spokesman for Veterans Affairs Minister Julian Fantino, who oversees the fund, was not immediately available.

The government was put on the defensive last year when it was revealed the fund, meant to assist with burial costs and a headstone, had rejected two-thirds of the requests put before it in the last five years. THE CANADIAN PRESS

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Gatineau

## Police investigate 'suspicious death'

Gatineau police are investigating what they are terming a "suspicious death" after being called to 476 Pierre Lafontaine St. in response to a 911 call.

Police say they discovered a dead body at the home, but would not disclose the gender of the person who died, or who called 911. Police said forensic-identification technicians would examine the scene carefully and more information would be released Tuesday morning. METRO

Nov. 8-11 edition

## Clarification

An article in the Nov. 8-11 edition of Metro, "Wabano Centre gets national recognition," should have stated that it was in fact Project S.T.E.P (Success, Treatment, Education and Prevention) that was receiving recognition from Eva's Initiatives.

Further, the program — which targets all at-risk youth and not just aboriginal youth — is an equal partnership between Wabano, Operation Come Home and Youville Centre, and has an affiliation with Eastern Ontario Youth Justice Agency. An award of $25,000 that comes with the recognition from Eva's Initiatives is being shared by all of the organizations involved. The project was funded by the United Way.

Terry Wilson, a youth identified in a photo appearing with the story, is a client of Operation Come Home and not the Wabano Centre. METRO

Survivors move past the damages caused by Typhoon Haiyan in Tacloban city, central Philippines on Monday. Authorities said at least two million people in 41 provinces had been affected by Friday's disaster and at least 23,000 houses had been damaged or destroyed. AARON FAVILA/THE ASSOCIATED PRESS

# Filipino community unites to send aid

**Typhoon Haiyan.** Locals prepare money, food to send across the ocean as feds commit funds

DENIS ARMSTRONG
ottawa@metronews.ca

Members of Ottawa's Filipino community are mobilizing relief efforts for their devastated homeland.

On Nov. 8, Typhoon Haiyan pounded the south-central Philippines provinces with 250-km/h winds, six-metre-deep floods and landslides. At least 10,000 people were killed, and an estimated 600,000 are homeless.

The storm was so devastating that emergency workers are burying hundreds of bodies in mass graves. Those living on the street have taken to looting.

International aid is slowly trickling into the devastated region. The federal government announced it has earmarked $5 million for aid, and on Monday Minister of International Development Christian Paradis announced it will match a dollar of aid for every dollar Canadians donate to registered Canadian charities responding to the crisis.

In the meantime, Foreign Affairs Minister John Baird has dispatched a team of international-emergency specialists to assess whether the government should send its Disaster Relief Team to the region.

Time to chip in

**"The people of this region lost everything. They need everything."**
Oxfam Canada's Robert Fox

At the same time, members of the local Filipino community have turned to Assumption Catholic Church in Vanier for news from home, and to mobilize relief efforts here.

"Everyone is very worried because the country is devastated and there's no way to telephone or email family and friends there," said pastor Fr. Pedro Arana. "The only person who was able to contact family back home was told her father was killed. It's very troubling. We're concentrating on sending as much aid as we can."

Oxfam already had 60 frontline workers in the Philippines after a devastating earthquake hit the region on Oct. 15.

"Drinking water and hygiene is our priority if we're to avoid a second disaster of dysentery," said Oxfam Canada's executive director Robert Fox. "At the same time, we have to collect as much food and money as we can."

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# ‘We all owe these boys an awful lot’

**National War Memorial.** Thousands gather in Ottawa to mark Remembrance Day

TREVOR GREENWAY
trevor.greenway@metronews.ca

Second World War veteran Jim Newell sits quietly at the National War Memorial Monday to mark Remembrance Day.
TREVOR GREENWAY/METRO

When Jim Newell thinks about the many friends he lost in battle, he doesn’t say much.

“So many,” said the Second World War veteran, looking up with a tear in his eye. He’s remembering his fallen “brothers,” the very soldiers who fought alongside him all over Europe in the 1940s. Soldiers who saved his life. Soldiers he’ll never forget.

“I remember them all the time, not just on Remembrance Day,” said Newell, huddled in a blue blanket at the National War Memorial Monday, as hundreds gathered to pay tribute to those who lost their lives in war.

“We all owe these boys an awful lot.”

The 90-year-old veteran said he considers himself lucky to still be alive, as he had several “near-death” experiences in his military career. He was shot once in the thigh in a firefight and was blasted in the face with shrapnel.

Yet the former corporal said he was proud to be standing with so many other Canadians on this poignant day. With a dozen military medals dangling from his green jacket, he looked up with his heavy blue eyes and smiled.

“But, as I say, I intend to live to be 100 (years old) and then to be killed by a jealous husband,” he said, laughing.

The Ottawa ceremony began with a two-minute silence that was overtaken by the continuous boom of a 21-gun salute. Two CF-18 fighter jets whistled overhead as Prime Minister Stephen Harper and his wife Laureen laid wreaths in front of the war memorial.

By the end of the ceremony, scores of Canadians were huddled around the tomb of the unknown soldier. Some tossed poppies from their jackets while others left notes with the word “hope” written across.

Looking on from the crowd, Peter Platt, who also served in the Second World War, was bracing for what he said will be his last Remembrance Day ceremony.

The veteran just turned 100 years old this summer and said he was “tickled pink” to be flanked by both his daughter Patricia and son Gordon for the extra-special tribute.

“It’s so moving and we’re so proud of him, for, at 100 years old, still wanting to come to the ceremony and the veterans lunch afterwards,” said Patricia.

“Rain or sleet or wind, he’s here.”

A soldier stands guard at the National War Memorial as spectators take in the city’s Rem

# White-poppy vigil honours lost lives

When Gale O'Brien showed up at the National War Memorial Monday to pay tribute to those who lost their lives in battle, she did so without a bright red poppy pinned to her lapel.

Instead, she was donning a white flower with the word "peace" written in the middle. She was joined by about a dozen other anti-war advocates who held their own white-poppy ceremony for Remembrance Day.

"You go to war, come back and then you are forgotten, which is not right," said O'Brien of the Ottawa White Poppy Coalition, speaking to the small group gathered at the war memorial.

Kevin Doyle METRO

"I think at least three generations of peace are needed for us to clear the psyche of war."

Another member of the group, Kevin Doyle, said he was harassed on the bus for wearing a white poppy on Remembrance Day. A woman told him he should be "strung up," for disrespecting war veterans.

He argued that the white poppy is a symbol for an alternative to war and said the white-poppy campaign pays tribute to every single casualty of war — not just fallen soldiers.

"I want to remember the soldiers who died in war, but also all the other victims of war and, as you know, with the most recent wars, the majority of victims are civilians," Doyle told Metro.

"It's remembering those who have died in war, but saying, 'OK, let's not repeat, let's not continue the slaughter.'"

TREVOR GREENWAY/METRO

embrance Day ceremony. TREVOR GREENWAY/METRO

Gale O'Brien of the Ottawa White Poppy Coalition speaks to about a dozen supporters at the National War Memorial during Remembrance Day. TREVOR GREENWAY/METRO

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# Suspects sought. Cops investigate alleged sex assaults by cab drivers

Ottawa police say they believe two alleged sexual assaults on taxi cab passengers involved different cab drivers.

Police say a 20-year-old woman flagged down a taxi on Bank Street near Hunt Club Road early Saturday and was driven a few blocks away and assaulted by the driver.

He's described as being a balding, overweight man in his 50s, with a medium build and crooked teeth.

A week prior, they say a 17-year-old girl got a cab in Gatineau and was taken to another location (Sandy Hill) where she was assaulted in the taxi.

That driver is described as a dark-skinned, unshaven man in his 40s, with a medium build and short dark hair.

Police are continuing to investigate the incidents.

THE CANADIAN PRESS

Blaze

## Fire destroys rooming house

A rooming house on Lebreton Street North was gutted by a fire on Saturday that officials suspect was caused by unattended cooking. At least six people were turned out of their homes by the blaze.

METRO

No foul play suspected

## Missing man's body found

Police located the body of an Ottawa man who was reported missing last week when he didn't show up for a meeting with a client. Police said the body of Jehangir Balsara, 67, was found in the Ottawa River by Gatineau Police late Friday afternoon, near Laurier Street, in Gatineau. No foul play is suspected, police said, adding no further information would be released.

METRO

Canadian artist

## Bateman to visit local school

Famed Canadian painter Robert Bateman will visit students at Robert Bateman Public School Tuesday. The visit comes just ahead of Bateman being awarded the The Royal Canadian Geographical Society's Gold Medal, Canada's highest honour in geography at the Canadian Museum of Civilization, in Gatineau on Nov. 13.

METRO

# Daniel Handler to read from his latest book

**Motion picture.** His 1999 novel A Series of Unfortunate Events went on to sell 60 million copies in 39 languages and was turned into a movie starring Jim Carrey

DENIS ARMSTRONG
ottawa@metronews.ca

Author Daniel Handler is photographed at Anchor Oyster Bar in San Francisco in 2006. Handler will be in Ottawa Tuesday night reading from his new book, When Did You See Her Last?, at the Nepean Centrepointe Public Library at 101 Centrepointe Dr. at 6:30 p.m. JEFF CHIU/THE ASSOCIATED PRESS

Lemony Snicket (the alter-ego of author Daniel Handler) will be reading excerpts from his latest book, When Did You See Her Last?, at the Nepean Centrepointe Public Library, 101 Centrepointe Dr., Tuesday at 6:30 p.m.

In the second of his four-volume All the Wrong Questions series, Snicket, a young apprentice in a secret organization, finds himself investigating the case of a kidnapped girl.

"He thinks she has been kidnapped but later finds out she has not been kidnapped, nor is she the girl in question," Handler explained in an email interview. "Further questions, and further kidnappings, ensue."

It isn't nearly as confusing as it sounds. Handler, 42, never misses an opportunity to launch into hilarious fantasies, and in When Did You See Her Last? he takes the reader on a wild and rambunctious adventure of camp comedy with arch Victorian-style characters caught in frightening moral dilemmas.

When Did You See Her Last? is the second of Handler's four-volume All the Wrong Questions series. CONTRIBUTED

"I am Jewish, and adhere to a long cultural tradition of finding deep despair slightly funny, and vice versa. When Did You See Her Last? is the equivalent of the moment when you realize, in life or in some dark woods echoing with the sounds of vicious dogs, that it is too late to turn back."

A prolific artist, Handler has written 15 novels and lots of songs since 1998. His 1999 novel A Series of Unfortunate Events went on to sell 60 million copies in 39 languages and was turned into a movie starring Jim Carrey.

Being famous, even from a safe distance as Lemony Snicket and not as Daniel Handler, he admits, has its advantages.

"It is very pleasant to turn one's credit card over and not have to talk about Jim Carrey."

This being his first trip to the Canadian capital, Handler, who lives in San Francisco with his wife and children, is used to venturing off beaten paths, as long as accompanied by a few creature comforts.

"I do enjoy a blustery climate as long as there is strong coffee. Recommendations are most welcome."

# UN climate talks. Envoy to fast until he sees hope

The devastation caused by Typhoon Haiyan cast a gloom over UN climate talks Monday as the envoy from the Philippines broke down in tears and announced he would fast until a "meaningful outcome is in sight."

Naderev "Yeb" Sano's emotional appeal was met with a standing ovation at the start of two-week talks in Warsaw, where more than 190 countries will try to lay the groundwork for a new pact to fight global warming.

Choking on his words, Sano said he was waiting in agony for news from relatives, though he was relieved to hear his brother survived.

"In the last two days he has been gathering bodies of the dead with his own two hands," Sano said.

UN climate chief Christiana Figueres also made reference to the "devastating impact" of the typhoon in her opening speech and urged delegates to "go that extra mile" in their negotiations.

Scientists say single weather events cannot conclusively be linked to global warming. Also, the link between man-made warming and hurricanes is unclear, though rising sea levels are expected to make low-lying nations more vulnerable to storm surges. THE ASSOCIATED PRESS

**Imploring**

**"We can fix this. We can stop this madness. Right now, right here."**

**Philippine envoy Naderev "Yeb" Sano** to the other delegates in Warsaw.

**Haiyan continues**

## Thirteen people die preparing for storm in Vietnam

Haiyan made landfall in Vietnam on Monday as a tropical storm. State media quoted officials as saying 13 people died and 81 others were injured while reinforcing their houses and trimming trees. They said the storm damaged more than 1,300 houses and 39 boats in the province of Quang Ninh. THE ASSOCIATED PRESS

**One dead**

## Thunderstorm batters Croatia

Croatia has been hit by a thunderstorm and gale-force winds that ripped off rooftops and left one person dead and 22 injured.

Winds reached 220 km/h.

In the capital, Zagreb, trees and rooftops fell on cars as firefighters and rescue services struggled to cope with emergency calls. THE ASSOCIATED PRESS

A survivor writes a message on their port to call for help at the typhoon-ravaged city of Tacloban in central Philippines on Monday. AARON FAVILA/THE ASSOCIATED PRESS

# Victims cry out amid death and desolation

**Tacloban, Philippines.** Rescuers struggle to operate in city ripped asunder by typhoon

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban resembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — including that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

**Blasted landscape**

**"I don't believe there is a single structure that is not destroyed or severely damaged in some way — every single building, every single house."**

**U.S. Marine Brig. Gen. Paul Kennedy** after taking a helicopter flight over Tacloban, the largest city in Leyte province.

Soldiers from the Philippines and U.S. were distributing food and water, and assessment teams from the United Nations and other international agencies were seen Monday for the first time.

Emily Ortega, 21 and about to give birth, said she clung to a post to survive after the evacuation centre she fled to was devastated by the six-metre storm surge. She reached safety at the airport, where she gave birth to a baby girl, whose arrival drew applause from the military medics who assisted in the delivery. THE ASSOCIATED PRESS

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# Bearskin Airlines. Plane crash in NW Ontario kills five; one survivor pulls another to safety

A man who survived a plane crash that killed five others in northwestern Ontario managed to pull a woman to safety before flames engulfed the aircraft, provincial police said.

The Bearskin Airlines plane went down just after 7:30 p.m. Sunday on approach to the Red Lake airport, about 500 kilometres northwest of Thunder Bay, Ontario Provincial Police said.

The twin-engine turboprop burst into flames when it hit the ground, and only two people survived.

The two pilots — a 25-year-old from Mississauga and a 34-year-old from Winnipeg — were among those killed.

Three passengers — a 53-year-old woman, a 53-year-old man and a 64-year-old woman — all from Red Lake — were also killed.

The survivors were identified as a 29-year-old man and a 50-year-old woman, both from Winnipeg.

"The one male (survivor) was actually the one that called us to report the crash," said OPP Sgt. Rob McDonough. "He was able to pull the woman out of the wreckage prior to it becoming fully engulfed in flames."

The 19-seat aircraft had taken off from Sioux Lookout.

THE CANADIAN PRESS

**Bound for Red Lake**

**Bearskin is based in Sioux Lookout and has operated since 1963, employing 300 in Ontario and Manitoba.**

- There's no word on the cause of the crash.
- The plane was totally destroyed by flames; the woods around were also on fire.

# Hundreds attend funeral for British veteran, 99

**Harold Percival.** His friends and relatives are long gone; he was part of raid on German dams in 1943

Hundreds pay respects to Harold Percival in Lytham St. Annes, England, Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

Mourners observed a two-minute silence for victims of war before Harold Percival's coffin, draped in a blue RAF flag, was carried into the chapel to the strains of the Dambusters March.

Hundreds of Britons attended the funeral on Monday of the 99-year-old former Second World War airman they'd never met.

Harold Jellicoe Percival died Oct. 25 at a nursing home in northwest England, with no family or friends still alive.

An advertisement was placed in the local newspaper asking people to attend the service so his passing would not go unmarked.

The ad was taken up on Twitter, and several hundred gathered Monday to pay respects to Percival, who served as ground crew with Royal Air Force Bomber Command during the war. Scores who could not fit inside stood out in the rain. Monday was the anniversary of the end of the First World War, on Nov. 11, 1918. The funeral began 95 years to the hour after the 1918 armistice.

THE ASSOCIATED PRESS

**We will remember**

**"You have come in numbers surpassing anything that was expected."**

Rev. Alan Clark, who led the service

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# Ford scandal not forgotten at event with vets

**'He's ... a druggie.'**
Controversy-plagued Toronto mayor booed, refused handshake at Remembrance Day ceremony

Embattled Toronto Mayor Rob Ford couldn't escape controversy at a Remembrance Day ceremony Monday, where a veteran refused to shake his hand.

Ford gave a short speech honouring the military, and there was a quiet smattering of boos and cries of "shame" in the crowd as he walked up to the podium, though there was also light applause.

Toronto Mayor Rob Ford speaks during a Remembrance Day service in Toronto on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

After he laid a wreath at the foot of the cenotaph at Toronto's Old City Hall, the mayor walked past a row of veterans and at least one refused a handshake.

Tony Smith, who was stationed in Germany after the Second World War, said Ford should not have been there, given his admission last week that he had smoked crack cocaine.

"I didn't shake his hand because he's a drug addict, a druggie," Smith said. "He's No. 1 man in the city and he's smoking up and boozing it up. I don't mind people having a drink. I certainly don't agree with drugs."

Ford reversed five months of denials last week when he admitted he had smoked crack cocaine, likely in one of his "drunken stupors," but has repeatedly denied he is an addict.

THE CANADIAN PRESS

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## RIDEAU RIVER WESTERN PATHWAY

### OPEN HOUSE

**Wednesday November 13, 2013**
**5:00 p.m. to 8:00 p.m.**
**Saint-Paul University**
**233 Main Street, Ottawa**

The City of Ottawa is proposing to construct a multi-use pathway that will run along the western and northern shoreline of the Rideau River from Belmont Avenue to University of Ottawa Lees Avenue Campus to improve the City's cycling network. By conducting a functional design study, the City will identify and develop a preferred design for cycling, pedestrian and accessibility needs, the existing natural environment, current and future community needs and cost.

By attending this public open house, residents will learn about the proposed design for the pathway as well as the pathway plan. Members of the study team will be present to discuss the study and receive input and comment from residents.

Additional information is available on the project website at **ottawa.ca/rideaupathway**. If you would like to be added to the study's mailing list or have study related questions, please contact:

**Robin Bennett, Project Manager**
Planning & Growth Management Department
110 Laurier Avenue West
Ottawa, ON K1P 1J1
Tel: 613-580-2424 ext. 21795
Fax: 613-580-2578
Email: Robin.Bennett@ottawa.ca

**Christopher Gordon, Consultant Project Manager**
Stantec Consulting Ltd.
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Ottawa ON K2C 3G4
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Fax: 613-722-2799
Email: Christopher.Gordon@stantec.com

## HAVE YOUR SAY ON HOW WE PLAN OUR COMMUNITIES

The Government of Ontario is reviewing the way cities and towns plan for development through its land use planning and appeal system.

The general public, municipalities and stakeholders are invited to participate in a workshop to share their ideas and listen to the views of others on improving the system.

**Date: November 21, 2013**
**Registration and Open House: 5 p.m. – 6 p.m.**
**Workshop: 6 p.m. – 9:30 p.m.**
**Location: Carleton University – Conference Room, Residence Commons**
**Address: 1125 Colonel By Drive, Ottawa**
**Parking: Closest lots are P2 and P6 accessed from Campus Avenue**

Please RSVP by **November 14, 2013**, to:

e-mail: PlanningConsultation@ontario.ca
tel: 1-855-776-8011
fax: 416-585-6870

mail: Land Use Planning and Appeal System Review
Ministry of Municipal Affairs and Housing
Provincial Planning Policy Branch
777 Bay Street, 14th Floor, Toronto, ON M5G 2E5

Please indicate if you require special accommodations. If you are unable to attend, you may submit comments by mail or e-mail.

A consultation document, which contains background on the review and questions to consider, is available at **ontario.ca/landuseplanning** or by request.

## FAITES CONNAÎTRE VOTRE OPINION SUR LE MODE DE PLANIFICATION DE NOS COLLECTIVITÉS

Le gouvernement de l'Ontario est en train d'examiner la façon dont les petites et les grandes villes planifient l'aménagement par le biais de son système d'aménagement du territoire et du mécanisme d'appel.

Le grand public, les municipalités et les intervenants sont invités à participer à un atelier visant à échanger des idées et à écouter le point de vue d'autres intervenants sur l'amélioration du système.

**Date : 21 novembre 2013**
**Inscription et portes ouvertes : de 17 h à 18 h**
**Atelier : de 18 h à 21 h 30**
**Lieu : Salle de conférences, Residence Commons, Université Carleton**
**Adresse : 1125, promenade Colonel By, Ottawa**
**Stationnement : Parcs de stationnement les plus proches : P2 et P6, accessibles à partir de l'avenue Campus**

RSVP d'ici au **14 novembre 2013** à :

Courriel : PlanningConsultation@ontario.ca
Tél. : 1 855-776-8011
Téléc. : 416 585-6870

Examen du système d'aménagement du territoire et du mécanisme d'appel
Ministère des Affaires municipales et du Logement
Direction des politiques provinciales d'aménagement
777, rue Bay, 14e étage, Toronto (Ontario) M5G 2E5

Veuillez indiquer si vous avez besoin de mesures d'adaptation. Si vous ne pouvez pas assister à l'atelier, vous pouvez nous transmettre vos commentaires par la poste ou par courriel.

Un document de consultation contenant des renseignements de base sur l'examen et les questions à prendre en considération est affiché sur **www.ontario.ca/amenagementduterritoire** ou disponible sur simple demande.

Paid for by the Government of Ontario
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Ontario

# Gifts. Flipboard helps take guesswork out of holiday shopping with wish lists

Personal magazine creator Flipboard is expanding into shopping catalogues just in time for the holiday shopping season.

A tool released Monday will allow Flipboard users to display their gift wish lists and highlight their favourite products in a catalogue-like format. The digital catalogues include links so the products can be purchased by anyone browsing through the selections on Flipboard's application for Apple Inc.'s iPhone and iPad, as well as mobile devices running on Google Inc.'s Android operating system.

Several merchants and websites, including Gap Inc.'s Banana Republic and eBay Inc., are distributing Flipboard catalogues.

THE ASSOCIATED PRESS

**Growing group**

**Flipboard has accumulated about 90 million users so far, says co-founder Mike McCue.**

**Attempting a turnaround**

## Sears selling stake in eight properties

Sears Canada Inc. is selling its 50 per cent interest in eight properties for about $315 million, the national retailer's latest major real estate transaction. THE CANADIAN PRESS

**Random biz fact of the day**

## 6 sec.

Hiring managers spend about 6 seconds on a resume to look for: Name, current/previous company, title, position start/end dates, and/or education.

CAREERLEAF/NEXCAREER

# Beer pours $13.8B into economy

JONATHAN HAYWARD/THE CANADIAN PRESS

**Cheers to that**

### Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes $13.8 billion to the country's economy, or nearly one per cent of GDP.

LUKE SIMCOE/METRO

**Brews up jobs**

**"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."**

Pedro Antunes, with the Conference Board of Canada

**Patriotic pints**

## 85%

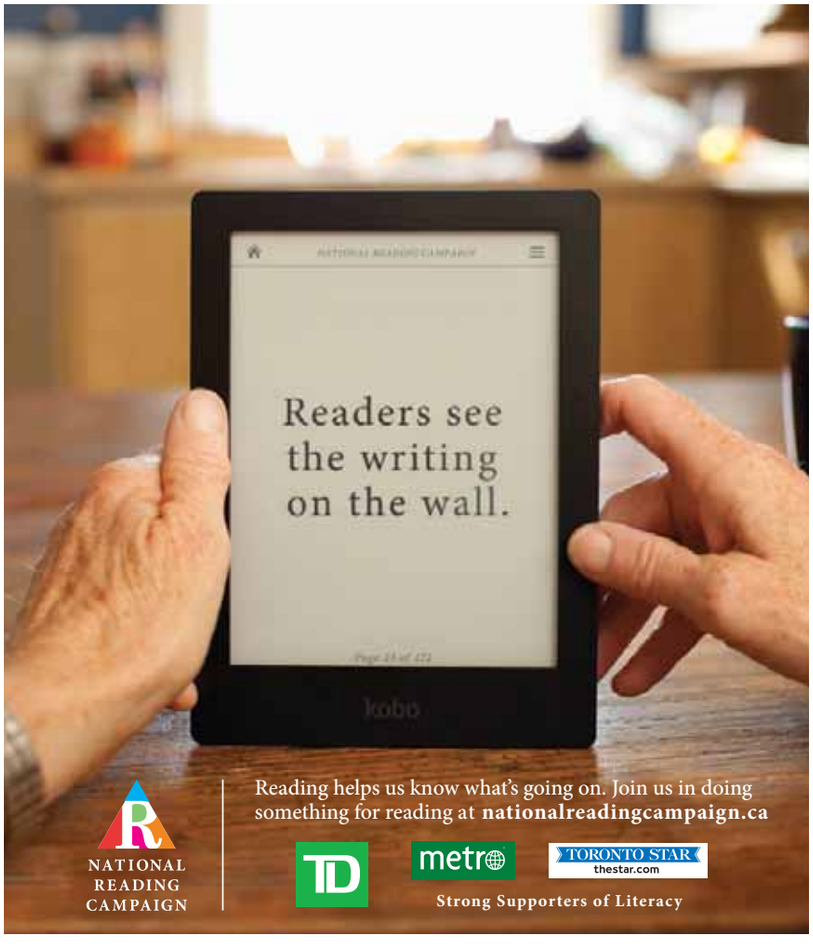
Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

## 1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

**Wobbly pops still the tops**

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in $5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.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# Ottawa. Mitel Networks to 'become real player' with $1.1B in revenue

Mitel Networks Corp. has a friendly deal to acquire Aastra Technologies Ltd. for about $400 million in stock and cash, a move that's calculated to create a stronger Canadian competitor in the global market for business communications systems.

If approved, the deal will result in Aastra shareholders owning about 43 per cent of an enlarged Mitel, to be headquartered in Ottawa, with about $1.1 billion US of total revenue.

"Once you reach the billion-dollar club, you're a real player and you're there to stay," said Mitel chief executive Richard McBee in an interview Monday.

The merger will move Mitel to the No. 5 spot worldwide in terms of market share, although it will still be small compared with global market leader Cisco Systems Inc.

THE CANADIAN PRESS

**Cutbacks coming**

**The two companies are aiming to reduce combined operating costs by $45 million US over two years. The initial savings may come from reducing overlap in research and development efforts.**

- Mitel has its major R&D centre in Ottawa, while Aastra's research centres are in France, Germany and Switzerland.

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**Ashley Madison lawsuit**

## Adultery site hits back at ex-staffer

A dating website for married people seeking affairs is dismissing a $20-million lawsuit as nothing but a "frivolous" claim by an "opportunistic" ex-employee.

Ashley Madison has issued a statement condemning the suit filed by Doriana Silva, who alleges she permanently damaged her wrists typing up fake profiles of women for the site.

In the statement, the company says Silva is exaggerating her injuries in order to support demands for compensation that the company said escalated over time. THE CANADIAN PRESS

**Gabriel Resources**

## Plan for Europe's biggest open gold mine rejected

Stock in Gabriel Resources Ltd. was down almost nine per cent after the Romanian government announced it would not allow the Canadian company to develop what would have been Europe's biggest open gold mine. THE ASSOCIATED PRESS

# Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

metronews.ca/temp

9-to-5 alternatives

## Care to wing it in Saskatchewan?

While the public has heard horror stories and urban myths about temporary work, some of the jobs posted for temporary workers sound more inviting than the nine-to-five grind.

In Regina, someone is looking for a live-in caretaker for an elderly woman to spend six months of summer in Katepwa Lake, Sask., with the other six months, the cold season, spent in Phoenix, Ariz.

The posting on Kijiji advertises a working wage of $10.51 an hour and residence in a private household. The job description consists of regular tasks like doing dishes, gardening and other typical household chores.

However, other postings, like a help-wanted ad for people to clean poultry barns in Melville Sask. — a 40- to 70-hour-per-week job depending on the number of barns, with a wage of $18 an hour — will make you appreciate your warm, clean office more than ever before. METRO

GETTY IMAGES

# Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarusian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Danimal told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I ..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and I looked at each other. "What are we going to do?" I asked.

**"I'm not a monster. And I'm just not another Sarah Unit around the office."**

"I always give the old guys something because, I mean, what are they going to do, become Walmart greeters? The young guys ... if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: She asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED ...

**Random fact of the day**

**Life in plastic, it's fantastic. The name? Not so much ...**

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG

**Random biz fact of the day**

**18%**

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

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# AGE IS JUST A SERIES OF 'SHOULDN'TS'

SHE SAYS

**Jessica Napier**
metronews.ca

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

**Not eating vegetables.** There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal, it's happening.

**House parties.** Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

**Slumber parties.** Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guarantee that I'm heading home at the end of the night to sleep in my own bed.

**Caring about my ex-boyfriends on social media.** The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

**Becoming deeply invested in television shows aimed at teenagers.** Earlier this year I found myself sick in bed for the weekend and decided to binge-watch Pretty Little Liars on Netflix. Am I proud of this decision? Of course not. But now I am regrettably committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

# Art to give a hoot about

CECELIA WEBBER/SOLENT NEWS

## Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. **METRO**

**Artist is the subject of work**

**1**

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself per se in my works. To be frank, I would be really intimidated if I did!"

## Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells Metro. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." **METRO**

**What's next?**

"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

**Clickbait**

HANNAH ZITNER
hannah.zitner@metronews.ca

METRO FILE

**Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.**

**@aprilbloomfield:**
Two-time Michelin Star winner April Bloomfield (of Spotted Pig, Breslin and Iron Chef America fame) not only knows her way around the kitchen, but also around a camera.

**@jamieoliver:**
No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

**@davidchang:**
While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

**Letters**

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

**Ted Burley, Toronto**

**WE WANT TO HEAR FROM YOU:**
Send us your comments: ottawaletters@metronews.ca

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DVD review

**Man of Steel**

**Director.** Zack Snyder

**Stars.** Henry Cavill, Amy Adams

●●●●○

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in Man of Steel, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (300, Watchmen) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's The Tudors) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making Man of Steel a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. Man of Steel is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

# Michael J. Fox shakes off the comedy dust

**Surprise success.** Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY LAURENCE
Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of The Michael J. Fox Show. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on The Good Wife and Curb Your Enthusiasm) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't go back to work full time?' The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

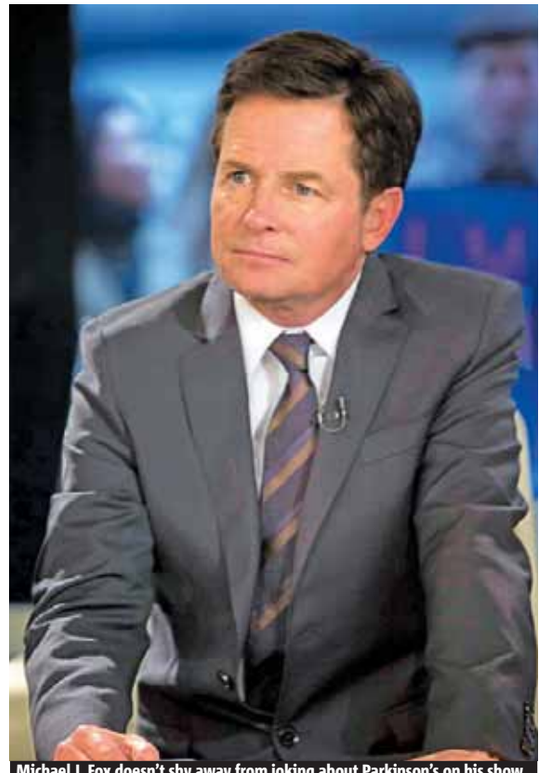
The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. … For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

**Family-friendly fun**

**Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.**



**Michael J. Fox doesn't shy away from joking about Parkinson's on his show.**
CONTRIBUTED

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"I think being from Memphis puts a lot of soul in my music," says rapper Yo Gotti. GETTY IMAGES

# Yo Gotti gets it done in Southern style

**Rapper is on 'a good ride'.** Performer brings hip-hop to unfamiliar places en route to promoting new album

CHRIS JORDAN
Metro World News IN NYC

Yo Gotti played the historic Orpheum Theatre in Memphis in June.

The evening itself was also historic as well: It was the theatre's first hip-hop show.

"That was a very special moment for me to play at the venue and knowing the history of venue," says Memphis native Yo Gotti, also known as Mario Mims. "It was a very big deal to me, and on top of it we sold it out."

The show was also an example of Yo Gotti's DIY attitude.

"I booked the theatre myself because it was my birthday and I do something big in the city every time," he says. "Everybody was like, 'They don't do rap there' and they don't do this and they don't do that. I have the type of attitude where if I'm trying to achieve something, I don't believe in not trying. It took a lot of work but we got it done."

Yo Gotti, the street-smart Memphis wrecker with a hard Southern drawl, gets it done. He's about to embark on a new chapter in his career, as an Epic Records artist. I Am, his Epic debut featuring guest artists T.I., Ne-Yo, Wale, J. Cole and Meek Mill, drops Nov. 19.

The video for Act Right, the album's lead single featuring Jeezy and YG, has been viewed more than five million times on YouTube.

Yo Gotti is currently touring the U.S. to promote the album.

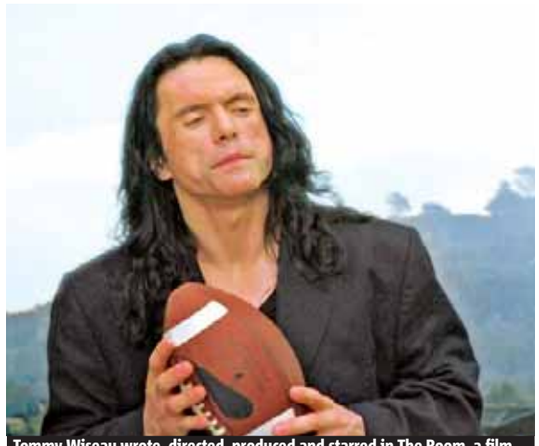
"I'm on the road and there's a lot of energy," he says. "We get up close and personal with the fans; they get up close and personal with me. It's a good ride."

# Sometimes it's good to be really, really bad

**Successful stinkers.** Film critic Phil Hall talks about the Greatest Bad Movies of All Time

MATT PRIGGE
Metro World News in NYC

Over the last several years, bad movies have made a comeback. Films like The Room and Birdemic, plus old discoveries like Troll 2 have created a cottage industry around uniquely terrible films that hasn't been this strong since the days of Mystery Science Theater 3000. With his new book The 50 Greatest Bad Movies of All Time, Film Threat critic Phil Hall, as per the title, chooses not to hang films he considers "anti-classics," but celebrate them. These include not just terrible amateur productions, but lavish Hollywood bombs — and even established greats like Clint Eastwood's Mystic River.



Tommy Wiseau wrote, directed, produced and starred in The Room, a film that has been labelled by many notable publications as one of the worst movies ever made. CONTRIBUTED

**When did you become aware that movies could be bad?**

I remember as a kid I went to see Airport '75 in the theatre. I was nine years old and I remember, even back then, thinking, "There's something wrong with this movie. This is not the way grown-ups are supposed to behave."

**Not long after that Michael and Harry Medved were releasing their run of books about bad cinema, like The Golden Turkey Awards.**

I still have them. They're all worn out by now. The Medveds can be a little catty and nasty in their writing. But they were the first ones to come out and say, "Yes, there are these 'golden turkeys.' And we love them." Granted, they were making fun of them. I try not to do that. I try not to denigrate people's work, and I don't want to discourage people from seeing these films.

**It's a very subjective batch, and not all of the biggies are on here.**

I didn't just want to have all the big budget flops or the cheap horror films of the '50s. I wanted to show these wonderfully bad movies existed as far back as the silent era. They stretch through all genres. My favourite is the documentaries. I love the idea of non-fiction films that get their facts wrong.

**And you include The Room, which is a train wreck made by someone convinced it was a serious, mainstream drama.**

That's the beauty of it: Nobody actually was able to stop (filmmaker) Tommy Wiseau and say, "Tommy, you're going in the wrong direction." But he was working independently. A lot of the films in the book are studio releases, and there you're going through committees and commissions and dealing with tens of hundreds of people in the creation. It's almost impossible to imagine that some of these films got into release without anybody realizing they had a dud on their hands.

**In one way, bad movies seem to unite audiences like no other kind of film. It's actually a strong example of the magic of cinema.**

Film Threat critic and author of The 50 Greatest Bad Movies of All Time, Phil Hall. CONTRIBUTED

I find sometimes that people are more enthusiastic talking about the great bad movies than the great films. We can have a discussion of Tarkovsky or Kurosawa, and it can be a very stimulating, cerebral conversation. But you start talking about The Room and Mommie Dearest and the enthusiasm level ratchets up dramatically. People become more viscerally engaged when discussing why they're so enraptured by these films.

**Often times the amateur filmmakers of bad movies will embrace their notoriety. And then there's Halle Berry and Sandra Bullock, who showed up at the Razzies to collect their trophies for Catwoman and All About Steve.**

It goes with the territory. People who've been in the business for some time, they're not that thin-skinned. They realize they'll make great films and they'll make not so great films. But at the end of the day they're making films. They're doing what they love to do.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus

## Miley continues her blaze of glory as she burns one at the MTV Euro awards

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States, the cameras cut away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt. "It was so brazen, so shameless. It was so uncalled for."

**Twitter**

**@JuddApatow**
Life may have been better before we knew what everyone else thought so specifically. I liked knowing less people.

**@GarryShandling**
I've only seen a real wrecking ball once, so I just don't know how accurate the miley cyrus video is. No comment.

**@joeldavidmoore**
"Was it worth holding in a fart for an hour?" — how men judge a massage

Katy Perry and John Mayer

## Mayer and Perry to tie the knot?

With her appearance on the red carpet of the MTV Europe Music Awards Sunday night, Katy Perry continued to stoke rumours that she and boyfriend John Mayer are thinking about tying the knot.

The Unconditionally singer sported a diamond ring on her left ring finger, according to E! News.

Reps for Perry and Mayer didn't return requests for comment.

Charlie Sheen

## Charlie Sheen is winning ... at apologies

Two and a half years after his falling out with Two and a Half Men boss Chuck Lorre, Charlie Sheen is apparently looking to mend some fences. He took to Twitter recently to prep the sitcom creator for a potential upcoming visit, writing, "Hey Chuck. I have an idea that you need to hear after I make amends to you and yours, which I will do in person."

**The Word**

## *Lance Bass ready to say Bye Bye Bye to bachelorhood*

Wedding fever has apparently gripped the former members of 'N Sync, with Lance Bass the next to walk down the aisle next year with fiancé Michael Turchin. And he tells Us Weekly that he picked up some wedding planning advice from Justin Timberlake's wife, Jessica Biel, at 'N Sync member Chris Kirkpatrick's wedding earlier this month.

"We were sitting there talking to Jessie Biel, and she gave us a lot of great pointers. And she had some really great ideas," he says. "One really cool idea she had was that, on the invites — because we love our onesies — send out personalized onesies to all our guests so that at midnight after the reception it turns into a pajama party. How fun would that be? I think we might be doing that one."

METRO WORLD NEWS

Lance Bass and Michael Turchin. ALL PHOTOS GETTY IMAGES

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**Mind the App**

## *Life in the womb*

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

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This jaw-dropping simulation explores every stage of a pregnancy with insightful detail, doctor's recommendations and 3D animations capturing milestones like the growth of fingers, the opening of eyes and smiling.

**Half off update**

**Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."**

- **Read the blog.** metronews.ca/half-off

# Fueling future athletes

**Nutrition.** Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was all mom's job.

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.

Meghan, left, and Char Agosta.
THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

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Holly Madison's secret to weight loss? Make a lifestyle change, not just a change in diet. METRO WORLD NEWS

# Try the ex-Playgirl diet

**Fitness.** Holly Madison shares her tips on how to get thin after you give birth and keeping your weight under control all year long

ROMINA McGUINNESS
Metro World News

Hugh Hefner's one-time girlfriend, Holly Madison, talks about how she has stayed trim over the years.

**You had a baby in March with your husband, event producer Pasquale Rotella. What were your eating habits like before you got pregnant?**
I was a mess. I'd have three huge coffee drinks a day, sandwiches, fries, burritos … I was a pig.

But I stayed relatively active, so I was able to keep a handle on my weight.

**As a dancer, and former Playboy model, you're famous for your body. I would have assumed that you were eating well.**
When I was in Vegas doing (her burlesque show) Peepshow, my weight would fluctuate quite a bit. I got told, 'You need to lose weight.'

**Really? That's terrible.**
It sucked. I'd go on a fruit diet for a week, but I was just eating less of the junk I was eating before.

And back at the (Playboy) Mansion, I was the tiniest I ever was, and in really good shape. But the kind of mentality that gets drilled into you there, I was always paranoid that I was fat. I'll see an old picture of me at a party, and I'll remember how fat I thought I was — how I'd incorporated a garter into my costume because I thought I had this one lump on the back of my leg that kind of might resemble cellulite.

**Did anyone in the Mansion ever tell you that you were too fat?**
No. But there are always better looking women coming along.

**Within six weeks of giving birth, you'd lost 30 pounds How did you manage that?**
I only recently started working out again, so diet was a big part of me getting back in shape.

I ate more fruit and vegetables, and less meat, dairy and sugar. I still enjoy carbs — I'll crave a piece of bread every once in a while — and it's smart to not cut that out entirely, or you'll just feel miserable.

**What exactly is the Holly Madison Diet?**
People look for that miracle diet that's going to make them lose weight super fast, but the emphasis should be on health. I want it to be a lifestyle change, not a two-week plan where you crash, lose a little bit of weight, only to then gain it all back.

**Do you feel more pressure to look good now that you're a mother?**
I've always felt pressure.

**Do you agree with this idea that women who've just had a baby have to snap back into shape?**
It's something you desperately want to do, but not something you have time for. I say, 'Fake it until you make it.' Even if it's just wearing a corset, or undergarments that squeeze you in and make you feel great.

**The Holly Madison Diet: What you need to know**

- **1.** The diet is designed to help busy, or pregnant women, and new moms, lose as much excess weight as possible. All low calorie meal plans are tailored to the user's dietary needs. It costs $9.95/month at ediets.com.
- **2.** The recipes (hand picked by Holly herself) balance proteins, carbohydrates and healthy fats. The idea is that you keep your energy levels up and your weight down.
- **3.** The tips aren't just for women — log on, and Holly will give you tips on what to feed your baby. The diet also offers tips on what to eat and how to lose weight when you are breastfeeding.

If you're going to wake up during the night, make sure it's for a good reason.

1 in 2 men over 50 suffers from the symptoms of Benign Prostatic Hyperplasia (BPH or enlarged prostate).

- Needing to go frequently, especially at night
- Incomplete voiding
- Erectile dysfunction.

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# Stuff the Southwest into kid-friendly sweet potatoes

Kids will love this healthy and colourful dish.

For a little extra flavour, roast the corn along with the peppers. If you like a little heat, serve with hot sauce.

This recipe serves four. THE CANADIAN PRESS

**Ingredients**

- 4 medium sweet potatoes, about 375 g (12 oz) each
- Vegetable oil
- 250 ml (1 cup) cooked corn kernels (about 2 cobs)
- 250 ml (1 cup) canned black beans, drained and well rinsed
- 125 ml (1/2 cup) diced roasted sweet red pepper
- 3 green onions, sliced
- 15 ml (1 tbsp) ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) shredded jalapeno havarti, cheddar or mozzarella cheese

**1.** Heat oven to 190 C (375 F).

**2.** Scrub sweet potatoes and cut in half lengthwise. Brush cut sides with a little oil. Place, cut side down, on parchment paper-lined shallow baking sheet; bake until tender when pierced with a knife, 35 to 45 minutes. Let cool enough to handle.

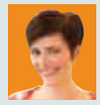
**3.** Scoop out flesh, leaving a 1-cm (1/2-inch) shell.

**4.** In a large bowl, mash scooped-out sweet potato until smooth. Fold in corn, beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling into shells and return to baking sheet.

**5.** Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

**Health Solutions**

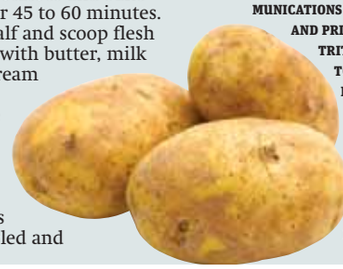
## *You say potato, I say potassium*



**NUTRI-BITES**
Theresa Albert
DHN, RNCP
myfriendinfood.com

At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

- Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and boiled recipes.
- Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.
- Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.



And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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# Tired of temping?

**Take a time out to think.** First, adapt to the ever-shifting experience, then find a way to progress your career past that phase

MIKE DJOC
life@metronews.ca

Jumping from job to job and adjusting to new colleagues and work environments on a regular basis can take an emotional toll. Temp nation's population currently sits a little over the two million mark according to Stats Canada's most recent monthly employment numbers, so odds are if you're on the temping treadmill you're not alone.

We tapped Vancouver-based workplace psychologist Dr. Jennifer Newman's expertise on keeping a healthy mindset, temp networking and breaking the cycle.

**Do you think the aging workforce — people who in the past may have worked one job for 20 years — cope differently with the stresses of temping than the emerging workforce?**

A lot of people who have had 20 years experience at one job may find it interesting to have variety or they might find it stressful learning new things. On the flip side, a less experienced worker can feel stressed because they are constantly having to learn something new. They're turning into a jack of all trades and a master of none. The other side of that is they are getting a lot of work experience that they wouldn't otherwise have in different industries and in different offices and gaining new skills that way.

**What advice do you have for serial temps who feel they're going nowhere and want to break the cycle?**

Make a mini-business plan for yourself as if you were your own company. A lot of times it's a lack of focus and not really sitting back long enough and thinking, "OK what do I actually really want?" Then it's (a matter of) breaking it down. What are the stepping stones? What training would I have to get? What other kinds of job experience through my temp agency can I try to get? Who can I network (with)? The nice thing about meeting different people through a temp agency is if you strike a chord you can network with them. You really are getting a great opportunity to meet a lot of different people.

**Are certain personality types better suited to cycling through a series of interim jobs than others?**

There is a thing called a multiculturalist. I've done some research on people who are really good at going into different cultures and adapting quickly. Some people are good at it, some people aren't. The temp position is in a sense requiring you to go into completely different cultures in a serial fashion as you would if you were doing international relations or development. The main qualities they have are adaptability, flexibility, being a quick study and unflappable. If you could cultivate those qualities and see yourself as a multiculturalist going into different cultures, almost an anthropological mindset, it can help.

# SECURE YOUR FINANCIAL FUTURE

ISTOCK/THINKSTOCK

According to a recent survey, many Canadians not only feel they aren't in control of their own finances, but they feel pressured to keep up appearances, despite the financial strain.

To help counter those concerns, Credit Canada Debt Solutions has been a driving force behind Credit Education Week, an annual event now in its seventh year designed to promote sound financial management.

"Many people feel that they have little control over their debt challenges and that can add a tremendous amount of stress to their lives," says Laurie Campbell, the CEO of Credit Canada Debt Solutions. "What we hope to do with Credit Education Week and through discussing these survey results is show that people can make a tremendous impact on their personal and financial well-being just by taking action and educating themselves."

Some key results of the survey include:

• More than half (52 per cent) of all Canadians don't feel in control of their own finances.

• Only one in six (17 per cent) feel they are ahead financially from where they thought they would be at this point of their lives.

• When going out with friends, 44 per cent of Canadians say they feel pressure to spend more than they can afford.

• One-third (32 per cent) of Canadians are not living on a budget.

Other survey findings show that financial challenges can lead to marital strife. More than 30 per cent of respondents have argued with their significant other over spending habits, and one-third believe their partner's spending habits is hurting their financial goals.

Credit Education Week, a nationwide event that runs through to Friday, offers a number of events, speakers, and seminars designed to improve financial awareness and promote fiscal management techniques.

"Communication is key," Campbell says. "Whether you're concerned about your partner's spending or you're already in debt and avoiding doing something about it, talking to someone, getting good advice, and taking action are all keys to securing your financial future."

For more information about Credit Education Week, visit cewc.ca. For more information about Credit Canada Debt Solutions, visit creditcanada.com/.

*– Jason Menard*

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If you're thinking of approaching a temp agency, research the agency and find out what types of services it offers. ISTOCK

# Got your eye on temp work? Take note of these survival tips

**Employment.** Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way into this field of recruiting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that field. Statistics Canada has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flexible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

• Research the agency. Some offer services that are very specialized.
• Map out what types of jobs you have experience in and what type of work you would be willing to do.
• Map out the specific times and hours per week you are available to work.
• Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

• Where do I park?
• Where is the staff entrance?
• What is the dress code?
• How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by the agency, which will supply the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs.

As with any job, those who are reliable and flexible jump to the head of the list for future employment.

**Budgeting for the temp life**

- It can be challenging to manage a temp-worker budget, because your hours can vary widely.
- First, establish your monthly essentials amount, including rent, car payments, utilities and so on.
- Then have the paycheque deposited into a savings account and transfer only the must-spend sum into a chequing account. The idea is to sequester a savings cushion in case there is a dry patch.
- Once the work starts to flow you can ease up the spending restrictions but try to keep two to three months of expenses stashed in savings.

# MACDONALD-CARTIER PREPARES STUDENTS

Macdonald-Cartier Academy (MCA) is a non-denominational junior high school (grades 7 and 8) located in Ottawa. Founded in 1990 in response to a need for a challenging academic French immersion program, MCA is dedicated to preparing students with a broader education for lifelong learning and for the reality of the contemporary Canadian society.

With 16 students per class, the low student-teacher ratio allows MCA's dynamic professional staff to achieve high academic standards through a curriculum offering accelerated math, enriched science and computer science courses, social sciences, arts, French, English and Spanish.

The school's structured environment is focused on enabling students to gain organizational, time-management and exam preparation skills that will help them grow into confident, capable and responsible members of society. Students learn to be independent in their studies. The study period at the end of each school day provides students with time to complete homework and/or work on projects and provides them with valuable access to teachers for guidance.

A full range of sports and physical activities such as soccer, volleyball, basketball, cycling, dogsledding, rock climbing and many more, complement challenging outdoor experiential education activities.

Macdonald-Cartier academy exists to serve the students who want to work hard and play hard.

CONTRIBUTED

GEORGE DOLGIKH/COLOURBOX

# CRITICAL THINKING SKILLS ARE ESSENTIAL

The entire college experience is based on stimulating, developing, and honing a student's scholarly faculties. This involves diverse curricula that motivate thinking, reasoning, and logic.

In short, a college education is rooted in critical thinking. Critical thinking involves the use of reasoning and logic to solve problems or make decisions.

When you examine two objects for similarities and differences, this is utilizing the skills of comparing and contrasting. This concept involves identifying similarities or common characteristics, and contrasting involves identifying differences. Using this analytical application can help discover details that you might have otherwise overlooked.

Using your knowledge about one situation to make sense of similar situation is the skill of applying concepts. Relating two situations and being able to transfer your knowledge from one situation to another reveals your understanding of that particular concept. Applying concepts skills are used throughout the science field. Conducting experiments and applying learned data to solve different problems is a good example of applying concepts.

Not all critical thinking skills are targeted at academic success. Some critical thinking skills are used for personal development as well. Making generalizations is a skill that helps students formulate legitimate conclusions.

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*For Anne Chabot-Smith*

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SPORTS 4

# Robin still Sens' sidekick in crease

**NHL.** Despite exceptional week from Lehner, MacLean staunch in his support for Anderson as starter

Craig Anderson is the No. 1 goalie in Ottawa, and Paul MacLean is making sure no one forgets it.

The Senators coach announced Anderson would be getting the start against the Philadelphia Flyers Tuesday night despite the fact Robin Lehner has won three straight games and was named the NHL's first star of the week.

When asked if it was a tough decision to give Anderson the start, MacLean simply answered "not for me."

"Craig Anderson is the No.1 goalie and he's ready to play," MacLean said. "He's playing."

**Out of the blue paint**

**"As I said before I was filling in, Craig is the starter."**

**Senators goalie Robin Lehner** who was named NHL player of the week on Monday after posting a 3-0-0 record with a 1.33 goals-against average and .958 save percentage. The 22-year-old stopped 91 of 95 shots.

Anderson has missed the last three games due to a stiff neck after a collision with the Dallas Stars' Valeri Nichushkin Nov. 3, but says he feels fine and is ready to return.

"It's been about a week so I want to get back in there and get back into some game action," Anderson said.

Anderson believes coming back when the team is winning might be the best thing after an injury.

"Might be easier to go in as there's not as much pressure," he said. "Sometimes when teams aren't having success maybe you put a bit too much pressure on yourself to do a little extra. Right now it's keep it simple, team's playing well and you just have to give the team a chance to win."

The Senators have won their last three and have points in their last five. Ottawa struggled through much of October, going 4-6-4, but finally seem to have gained some momentum.

"The guys have stepped up the last week and we've won some hockey games and that's great," Anderson said. "It just makes the room more fun to be around and it builds an atmosphere around here that you want to win games and winning is a good feeling.

"It's good to see everyone enjoying their time right now." THE CANADIAN PRESS

Ottawa defenceman Mark Borowiecki drops to a knee to block a shot from the Florida Panthers' Dmitry Kulikov on goalie Robin Lehner during the Senators' 3-2 win on Saturday at Canadian Tire Centre. Despite backstopping the Sens to three straight wins, Lehner will be out of the crease on Tuesday when Craig Anderson returns to take on the Philadelphia Flyers. SEAN KILPATRICK/THE CANADIAN PRESS

## NHL. Stamkos breaks leg in Bolts' loss

Lightning centre Steven Stamkos leaves the ice on a stretcher on Monday in Boston. THE ASSOCIATED PRESS

When Steven Stamkos crashed into the post in Boston on Monday afternoon, the shock waves could be felt all the way to Sochi, Russia.

The Tampa Bay Lightning star is out indefinitely with a broken right tibia, an injury that could be a significant blow to Team Canada in its efforts to defend gold at the Olympics. Stamkos was the NHL's leading scorer at the time of his injury.

"Certainly from a Canada perspective, I don't know of a time frame, but certainly probably going to be questionable if he can play in the Olympics," said Detroit Red Wings general manager Ken Holland, who's part of Canada's management team. "Big loss for Tampa, big loss for our league."

Stamkos lost his balance and crashed into the net during the second period of the Lightning's 3-0 loss to the Boston Bruins. He writhed in pain on the ice and appeared to tell a trainer, "It's broken."

The break requires surgery to repair. The Lightning did not release a time frame, likely in part because the complexity of the fracture could affect things. THE CANADIAN PRESS

**AHL**

### Da Costa rewarded for strong week with Binghamton

Binghamton Senators forward Stephane Da Costa was named AHL player of the week Monday after leading his team to three wins last week.

Da Costa had seven points (two goals and five assists) over the stretch. The centre has 12 points (3-9) in 10 AHL this season but had no points in four NHL games in Ottawa this season. THE CANADIAN PRESS

**NHL**

**"What, do you think he's gonna coach our team tomorrow? That's embarrassing."**

**Canadiens forward Max Pacioretty** on new Montreal mayor Denis Coderre who drew the ire of some Habs when he tweeted, "Hello? Can we get a one-way ticket to (minor-league) Hamilton for David Desharnais please..." during Sunday's 4-2 win over the New York Islanders. The team was pushing back at Coderre on Monday with Pacioretty, a longtime linemate of the struggling Desharnais, particularly fuming.

Brendan Shanahan is greeted by Gary Roberts during the 2013 Hockey Hall of Fame Legends Classic game in Toronto on Sunday. BRUCE BENNETT/GETTY IMAGES

# Shanahan targets next generation on checklist

**NHL.** After amassing 2,000 penalty minutes, Hall of Fame player plans on impacting the game in his role as VP of player safety

It's a ritual of Hockey Hall of Fame induction weekend for members of the selection committee to read the plaques of incoming members.

As chairman Pat Quinn read Brendan Shanahan's on Friday, he paused to go off script.

"The only player in NHL history to record 600 goals and 2,000 penalty minutes," Quinn read aloud before adlibbing. "You can imagine him giving out the fines and the suspensions today."

That was worth a laugh, just like when fellow class of 2013 inductee Chris Chelios joked during Saturday's fan forum that "Shanny's getting too involved" in league discipline. That's now Shanahan's job as the NHL's vice-president of player safety.

Playing on the edge during his 21 seasons, Shanahan put up 656 goals and 698 assists, numbers that made him worthy of induction Monday night along with defencemen Chelios and Scott Niedermayer, late coach Fred Shero and Canadian women's team defenceman Geraldine Heaney.

But commissioner Gary Bettman believes Shanahan's legacy will ultimately be defined by what he does in an office more than what he did on the ice.

"I think his contributions to the game, based on what he's doing now, will even exceed what he did in the 21 years that he played," Bettman said Monday. "He's making a real mark on how the game is played, making it safer for current players and generations to come."

Shanahan began working for the NHL as vice-president of hockey and business development in late 2009. In June 2011, he succeeded Colin Campbell as the league's disciplinarian.

Jokes about an NHL "wheel of justice" stemming from some questionable punishments were drastically reduced when Shanahan took over and started doing videos explaining suspensions. The transparency was welcomed by players and coaches, even if not everyone always agreed on the rationale for some so-called "Shana-bans."

Shanahan has taken his new role very seriously.

"The next generation of players is going to have grown up with a thorough understanding and foundation of these thoughts about how to play the game safely, responsibly," Shanahan told the Pittsburgh Tribune-Review. "There will be a new standard."

THE CANADIAN PRESS

**Playing on the edge**

**Brendan Shanahan knows the standard has changed since he played. He once was involved in a stick-swinging incident with Bob Boughner and spoke to him after the game to "get our stories straight, to keep each other from getting suspended."**

- "Years later I think I admitted to Colin Campbell," Shanahan said. "That would've been leading off the news that night. I wouldn't have been able to escape that one from Colin."
- Shanahan also once clothes-lined Patrick Roy as part of a brawl between the Detroit Red Wings and Colorado Avalanche and pummelled Michal Sykora of the San Jose Sharks.

**Tennis**

## Djokovic defeats Nadal for year-end championship

Defending champion Novak Djokovic beat top-ranked Rafael Nadal 6-3, 6-4 to win the ATP World Tour Finals on Monday, extending his winning streak to 22 matches and claiming the elite season-ending title for the third time.

Djokovic has not lost a match since his defeat to Nadal in the U.S. Open final. THE ASSOCIATED PRESS

**MLB**

## Free agents turn down $14M qualifying offers

The Boston Red Sox trio of Jacoby Ellsbury, Mike Napoli and Stephen Drew were among 13 free agents who turned down $14.1-million qualifying offers Monday from their former teams.

Three Yankees also said no thanks: Robinson Cano, Curtis Granderson and Hiroki Kuroda.

In two years of the new system, all 22 players given qualifying offers have said no. THE ASSOCIATED PRESS

# UFC. Bigg Rigg en route with one more special delivery to become champ

Welterweight champion Georges St-Pierre says he has been obsessed by challenger Johny (Bigg Rigg) Hendricks ahead of their UFC 167 showdown.

Hendricks not so much.

"I don't go that route, because here's the thing: I can't do nothing about it today," Hendricks told The Canadian Press. "I can't do nothing about it tomorrow. The only time I have to do something about it is Nov. 16."

That's when the No. 1 challenger takes on St. Pierre at the MGM Grand Garden Arena in Las Vegas.

For Hendricks, there's nothing personal against the Canadian. It's business and his stock is on the rise.

"I'm not going to say nothing bad about him," said Hendricks. "I just think it's time for my turn to be the new champ."

St-Pierre (24-2) is listed as slightly more than a 2-1 favourite, more competitive odds than in most of the 32-year-old Montrealer's title defences.

GSP is currently riding an 11-fight win streak. But Hendricks (15-1) has one-punch knockout power backed up by NCAA championship-calibre wrestling.

Johny Hendricks
THE CANADIAN PRESS FILE

Hendricks divides his fight training into three parts: the actual fight camp, weight-cutting and then "the enjoyment, the fight."

"The fight is the fun part," he said.

The enjoyment has been short-lived for his opponents.

Jon Fitch lasted 12 seconds. Amir Saollah exited after 29 seconds. Charlie Brenneman survived for 40 seconds. Martin (The Hitman) Kampmann lasted 46. T.J. Waldburger was stopped in 1:35.

THE CANADIAN PRESS

## NHL

### EASTERN CONFERENCE

**ATLANTIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Tampa Bay | 17 | 12 | 5 | 0 | 54 | 42 | 24 |
| Boston | 17 | 11 | 5 | 1 | 48 | 30 | 23 |
| Toronto | 17 | 11 | 6 | 0 | 51 | 40 | 22 |
| Detroit | 18 | 9 | 5 | 4 | 45 | 48 | 22 |
| Montreal | 18 | 9 | 8 | 1 | 48 | 40 | 19 |
| Ottawa | 17 | 7 | 6 | 4 | 53 | 51 | 18 |
| Florida | 18 | 3 | 11 | 4 | 37 | 64 | 10 |
| Buffalo | 19 | 3 | 15 | 1 | 33 | 61 | 7 |

**METROPOLITAN DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Pittsburgh | 17 | 11 | 6 | 0 | 50 | 40 | 22 |
| Washington | 18 | 9 | 8 | 1 | 57 | 52 | 19 |
| NY Rangers | 17 | 9 | 8 | 0 | 39 | 46 | 18 |
| Carolina | 17 | 6 | 7 | 4 | 32 | 48 | 16 |
| New Jersey | 17 | 5 | 7 | 5 | 35 | 44 | 15 |
| NY Islanders | 18 | 6 | 9 | 3 | 51 | 60 | 15 |
| Columbus | 16 | 6 | 10 | 0 | 41 | 46 | 12 |
| Philadelphia | 16 | 5 | 10 | 1 | 26 | 44 | 11 |

**Monday's result**
Boston 3 Tampa Bay 0
**Sunday's results**
Montreal 4 NY Islanders 2
New Jersey 5 Nashville 0
NY Rangers 4 Florida 3
Chicago 5 Edmonton 4
Colorado 4 Washington 1
Winnipeg 5 San Jose 4 (SO)
Anaheim 3 Vancouver 1
**Tuesday's games**
**All Times Eastern**
Los Angeles at Buffalo, 7 p.m.
Colorado at Carolina, 7 p.m.
Nashville at NY Islanders, 7 p.m.
Columbus at Washington, 7 p.m.
New Jersey at NY Rangers, 7 p.m.

### WESTERN CONFERENCE

**CENTRAL DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Colorado | 16 | 14 | 2 | 0 | 54 | 28 | 28 |
| Chicago | 18 | 12 | 2 | 4 | 66 | 49 | 28 |
| St. Louis | 15 | 11 | 2 | 2 | 52 | 34 | 24 |
| Minnesota | 18 | 10 | 4 | 4 | 48 | 40 | 24 |
| Nashville | 17 | 8 | 7 | 2 | 37 | 54 | 18 |
| Dallas | 17 | 8 | 7 | 2 | 46 | 52 | 18 |
| Winnipeg | 19 | 8 | 9 | 2 | 50 | 55 | 18 |

**PACIFIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Anaheim | 19 | 15 | 3 | 1 | 66 | 45 | 31 |
| Phoenix | 18 | 12 | 4 | 2 | 60 | 56 | 26 |
| San Jose | 17 | 10 | 2 | 5 | 63 | 41 | 25 |
| Vancouver | 20 | 11 | 7 | 2 | 54 | 54 | 24 |
| Los Angeles | 17 | 11 | 6 | 0 | 50 | 41 | 22 |
| Calgary | 17 | 6 | 9 | 2 | 47 | 61 | 14 |
| Edmonton | 19 | 4 | 13 | 2 | 48 | 75 | 10 |

**Note:** Two points for a win, one point for overtime loss.

Winnipeg at Detroit, 7:30 p.m.
Anaheim at Florida, 7:30 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Phoenix at St. Louis, 8 p.m.
San Jose at Calgary, 9 p.m.
**Wednesday's games**
Toronto at Minnesota, 7:30 p.m.
Philadelphia at Pittsburgh, 8 p.m.
Dallas at Edmonton, 10 p.m.
**Thursday's games**
Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.

## MLS PLAYOFFS

### CONFERENCE FINALS

**(Two games, total goals)**
**Sunday's result**
Real Salt Lake 4 Portland 2
**Saturday's result**
Kansas City 0 Houston 0
**Saturday, November 23 — All Times Eastern**
Houston at Kansas City, 7:30 p.m.
**Sunday, November 24**
Real Salt Lake at Portland, 9 p.m.

## CFL PLAYOFFS

### DIVISION SEMIFINALS

**Sunday's results**
Hamilton 19 Montreal 16
Saskatchewan 29 B.C. 25

### DIVISION FINALS

**Sunday, Nov. 17 — All Times Eastern**
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

## NBA

### EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| Indiana | 7 | 0 | 1.000 | — |
| Philadelphia | 4 | 3 | .571 | 3 |
| Miami | 4 | 3 | .571 | 3 |
| Charlotte | 3 | 3 | .500 | 31/2 |
| Atlanta | 3 | 3 | .500 | 31/2 |
| Toronto | 3 | 4 | .429 | 4 |
| Boston | 3 | 4 | .429 | 4 |
| Orlando | 3 | 4 | .429 | 4 |
| Cleveland | 3 | 4 | .429 | 4 |
| Detroit | 2 | 3 | .400 | 4 |
| Chicago | 2 | 3 | .400 | 4 |
| Milwaukee | 2 | 3 | .400 | 4 |
| Washington | 2 | 4 | .333 | 41/2 |
| New York | 2 | 4 | .333 | 41/2 |
| Brooklyn | 2 | 4 | .333 | 41/2 |

### WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| San Antonio | 6 | 1 | .857 | — |
| Oklahoma City | 5 | 1 | .833 | 1/2 |
| Phoenix | 5 | 2 | .714 | 1 |
| Minnesota | 5 | 2 | .714 | 1 |
| Portland | 4 | 2 | .667 | 11/2 |
| L.A. Clippers | 4 | 3 | .571 | 2 |
| Golden State | 4 | 3 | .571 | 2 |
| Houston | 4 | 3 | .571 | 2 |
| Dallas | 4 | 3 | .571 | 2 |
| Memphis | 3 | 3 | .500 | 21/2 |
| New Orleans | 3 | 4 | .429 | 3 |
| L.A. Lakers | 3 | 5 | .375 | 31/2 |
| Denver | 1 | 4 | .200 | 4 |
| Sacramento | 1 | 5 | .167 | 41/2 |
| Utah | 0 | 7 | .000 | 6 |

**x** - clinched playoff berth; **y** - division; **z** - conference.

**Monday's results**
San Antonio at Philadelphia
Memphis at Indiana
Atlanta at Charlotte
Orlando at Boston
Toronto at Houston
Cleveland at Chicago
Denver at Utah
Detroit at Portland
Minnesota at L.A. Clippers
**Sunday's results**
San Antonio 120 New York 89
Oklahoma City 106 Washington 105
Phoenix 101 New Orleans 94
Minnesota 113 L.A. Lakers 90

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

### ♉ Taurus
**April 21 - May 21**
You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

### ♊ Gemini
**May 22 - June 21**
What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

### ♋ Cancer
**June 22 - July 23**
Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

### ♌ Leo
**July 24 - Aug. 23**
If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Use your mind today. You won't need to force o0thers to do your bidding as long as you ask nicely, and show them how they can benefit too.

### ♎ Libra
**Sept. 24 - Oct. 23**
This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

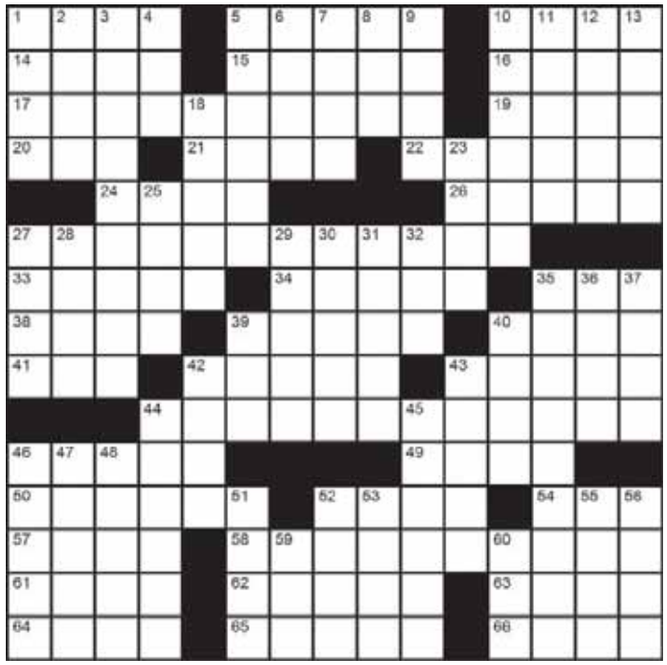
### ♒ Aquarius
**Jan. 21 - Feb. 19**
You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

### ♓ Pisces
**Feb. 20 - March 20**
The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

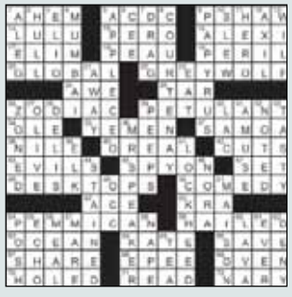
BY KELLY ANN BUCHANAN



**Across**
1. Uncertain
5. Maples
10. Assemble the dried clothes
14. Extra
15. Biathlon gear
16. Biblical twin
17. Klondike Gold Rush participant
19. Tears
20. Speaks, slang-style
21. Tori of tunes
22. Author Mr. Hemingway
24. Currency across the Atlantic
26. Buenos __, Argentina
27. __ Party of Canada
33. Mr. Fudd of 'Bugs Bunny' fame
34. Wipe the __ clean
35. Type of dog
38. Curved musical line
39. Unyielding
40. Sickness relief
41. Small amount
42. Started
43. __ Wrap (Kitchen roll)
44. It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North __ __
46. Eyewear, colloquially
49. Sir Coward of plays
50. Wish for: 2 wds.
52. '60s band, The __ Brummels
54. Curve
57. Wine-producing region in Italy
58. Sketch comedy show gig: 2 wds.
61. Keyboard key
62. The Beatles generated lots of it!
63. Pre-stereo
64. Boat's stability provider
65. Fatty, in cooking
66. Ship's figurehead site

**Down**
1. Pixies
2. Golfer's "Look out!"
3. Permafrost, as some might call it: 2 wds.
4. Positive response
5. Ground shaker
6. Puerto __
7. Tiny amphibians
8. "Shine a Little Love" gr.
9. Parched
10. Mountain city in southeastern BC
11. Wickerwork material
12. __ of judgment
13. Does some housework
18. Potato gadget
23. Electronica music dance party
25. Selfish sort
27. "__ la vie!"
28. Stewpot
29. Signal for peace
30. Pond buildup
31. Corrupt
32. "__ be my pleasure."
35. Canadian shipping company
36. The __ Mountains (Range in Russia)
37. Singing cowboy Mr. Autry
39. Li'l rule
40. Superhero's outfit part
42. Rope fibre
43. Sprinkle the Comet, proceed to what?
44. Concordia's rival in Montreal
45. Sort of: 3 wds.
46. Looseness
47. Mail, in Montreal
48. Between: French
51. Electrical resistance units
52. Scourge
53. Modify
55. Montreal-born singer, Ginette __
56. Brag about
59. __ de Cologne
60. Rapscallion

### Friday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | | 3 | 8 | | | |
| | | 8 | 7 | | | 9 | | |
| | | | 4 | | | | 6 | 2 |
| | | 9 | 6 | | | 3 | | 5 |
| | 6 | | | | | | 4 | |
| 8 | | 1 | | | 4 | 6 | | |
| 3 | 1 | | | | 5 | | | |
| | | 5 | | | 1 | 7 | | |
| | | | 2 | 9 | | 1 | | |

### Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 2 | 6 | 9 | 8 | 1 | 7 | 4 | 5 |
| 4 | 9 | 1 | 6 | 5 | 7 | 2 | 8 | 3 |
| 5 | 8 | 7 | 3 | 2 | 4 | 1 | 6 | 9 |
| 1 | 5 | 3 | 2 | 4 | 9 | 6 | 7 | 8 |
| 9 | 7 | 2 | 8 | 3 | 6 | 5 | 1 | 4 |
| 6 | 4 | 8 | 1 | 7 | 5 | 9 | 3 | 2 |
| 2 | 1 | 4 | 7 | 9 | 8 | 3 | 5 | 6 |
| 7 | 3 | 5 | 4 | 6 | 2 | 8 | 9 | 1 |
| 8 | 6 | 9 | 5 | 1 | 3 | 4 | 2 | 7 |

Today -1°/-9° Partly cloudy
Wednesday 1°/-2° Partly cloudy
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